

Energetic Healing, a Synopsis

by: Kent Tompkins

Energetic healing is at the core of finding solutions to healing trauma and pain. This healing needs to be approached from a variety of approaches in order to heal the physical, emotional and spiritual pain. In this way, healing occurs on all levels. These levels include healing the mind, the body (which carries the emotions), and also the heart.

Post traumatic growth is a new form of psychology that embraces these solution-focused approaches. There's a gift within the pain we are experiencing. Rumi says, "the cure for the pain is in the pain."

By asking the pain what it wants or needs in order to heal the mind, the body and heart (spirit) level, we follow the thread of truth and discover solutions that are perfectly customized for us to heal deeply.

Pain has texture, color, temperature and smell. Trauma thinks it is still having its experience, yet it is living in the past, and bringing that memory forward into the now.

Anxiety typically accompanies the pain. It runs in the background, under physical, emotional and spiritual pain.

Panic attacks are suppressed anxiety. The anxiety needs to be treated. Under the anxiety is typically trauma. It is like a ghost that doesn't realize its time is done, so it can be a bully within us, demanding attention.

When there's a part of us that's in pain, the goal is to redefine the relationship with the pain, rather than abuse or suppress it. It's like the six year old kid that is continually in trouble, and no one asks the kid what he needs to heal.

This pain gets in us, and bullies us. The mind can say one thing, the emotions another, and all the while the shadow is bullying its way to duck and cover, insisting on being fed, hence addictive behaviors win out until we learn intervention techniques that heal on all levels.

In order to take the brain's focus off the past trauma, I like to also focus on the client's joy and passion. For instance, what did they do as kids that they naturally enjoyed? Then

saturate this joy and passion with what is the color, temperature, texture of your joy, your passion? Overlaying these solutions as energetics is a vital part of the healing experience.

By giving the wounded part some supportive energy rather than beating it up, healing occurs much easier in this integrative or love energy.

I utilize various approaches to help assist this realignment from pain into joy, passion and mindfulness (a quiet mind and emotional calmness). These approaches include; hypnotherapy, EMDR guiding clients along that thread that leads to deeper unveiling of the solution within the pain, authentic movement of the body, and tapping exercises. Parallel to these approaches includes healthy nutrition, exercise, proper sleep and continual homework to teach clients how to become more aware of how they are continually led to these deeper states of healing.

Credits:

- The thousands of clients over the years that have assisted me by traveling their healing roads and revealing these core principals.
- Various wisdom keepers throughout indigenous communities I have had the honor of residing, working and collaborating with on effective cross-cultural healing approaches.
- The work of Peter Bedard, Convergence Healing.